

Good morning and happy Monday team!

I hope you all had a great weekend! We are going to explore invitations that help us feel energized and truly alive as these will help set us up for success for the following weeks. This time of the year is filled with long days and lots of stress. Self-care is essential for everyone! There are many ways to “self-care”.

Let’s talk about music.

Music is such a powerful tool to help us quickly change our moods. Research shows it can **reduce** anxiety, depression, blood pressure, and pain as well as improve sleep quality, mood, memory, increase some cognitive functions, enhance learning and concentration, and ward off the effects of brain aging.

1. What’s your favorite song?
  2. Who is your favorite artist or genre?
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- Create a Go-to good-mood playlist. Create a playlist with five to ten songs that is guaranteed to put you in a good mood.
  - Play them at different times of the day and check in mentally to see if it impacts your mood.
  - Share your playlist with a colleague, friend, or family member
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1. Does listening in the morning feel different than listening in the afternoon?
  2. Do you crave different music in the evening?

Pay attention to those details

At the end of the week reflect on these questions...

1. When and how did you incorporate music into your schedule this week? Which options did you choose and why?
2. How did sharing your playlist impact your day and those around you?
3. Do you plan to continue making music part of your self-care routine?

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

- Plato

Peace,  
Maggie

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For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

